Affirmation for Health & Fitness

These health affirmations are here to support you in every aspect of your life. Pick the ones that resonate with you the most and start including them in your daily routine.

Affirmations you can use:

1. My body is healthy, my mind is fresh, my soul is at peace.
2. Day by day, in every way I am getting better and better.
3. I can do anything I set my mind to.
4. I am worthy of having a healthy body.
5. I am in charge of my health.
6. My body is strong and powerful.
7. I am healthy, happy, and whole.
8. I surround myself with people who support my wellness journey.
9. I am a visionary of good health and vitality.
10. My body grows stronger every day.
11. I accept help and support on my wellness journey.
12. Good health is important to me.
13. I avoid all guilt and shame about my body.
14. I love and respect my body.
15. I enjoy eating foods that make me feel good.
16. I am happy to be alive!
17. My body knows how to heal.
18. I love seeing how healthy habits improve my life.
19. I have everything I need to live in perfect health.
20. I choose to prioritize my mental and physical health.